

ALIGN AND EXPAND, A JOURNEY TO THE CROWN, Version 33.2.

By Emanate Presence.

I am, a fractal of the One Being, a localization, of non-localized consciousness. I am Love, for Love itself. On this journey, of awareness expansion, 'I', refers to the fractal focus, of the I Am. Love, for Love itself, flows through me. We are, One Being.

Moving into a comfortable position, I still my mind, clearing it of thought. I breathe smoothly and regularly, and take breaths as needed. I feel the yearning of my heart for direct experience with the I Am, the True Self, the cosmos of consciousness. I surrender myself, to the One Being, I Am.

I set my intention, to fine-tune the energy wheels of my human body, and to practice expanding my awareness, from localized, to non-localized, consciousness.

I relax all my muscles, by tightening and releasing, beginning by tightening my feet, calves and thighs, moving up my legs to my hips. I tighten my upper body muscles, stomach, chest, arms, hands, neck, shoulders, and face. I release and relax the muscles, then pause, feel, and breathe smoothly, and regularly.

I practice moving my awareness, as I inhale, and exhale, to the Bubbling Wells, in the soles of my feet. I inhale, and exhale, to my perineum base. I inhale, and exhale, to my sacral region, in the center, below the navel. I inhale, and exhale, to my solar plexus, between my abdomen, and chest. I inhale, and exhale, to my heart space. I inhale, and exhale, to my throat center. I inhale, and exhale, to my Third Eye, in the center of my brain. I inhale, and exhale, to my Crown center, at the top of my head. I inhale, and exhale, into my spinal cord, the energy column, connecting from my tailbone, to the base of my head.

I feel the earth, as myself, and am grateful to connect with her vital life energy, sometimes called Vril, Mana, Prana, Ki, or Qi.

I deeply inhale vital life energy from the EARTH, pulling it up to the soles of my feet, to the BUBBLING WELLS, feeling the CLEAR ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I deeply inhale vital life energy from the EARTH, pulling it up to my PERINEUM BASE, feeling the RED ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I deeply inhale vital life energy from the EARTH, pulling it up to my SACRAL REGION, feeling the ORANGE ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I deeply inhale vital life energy from the EARTH, pulling it up to my SOLAR PLEXUS, feeling the YELLOW ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I deeply inhale vital life energy from the EARTH, pulling it up to my HEART SPACE, feeling the

GREEN ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I deeply inhale vital life energy from the EARTH, pulling it up to my THROAT CENTER, feeling the INDIGO ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I deeply inhale vital life energy from the EARTH, pulling it up to my THIRD EYE, feeling the VIOLET ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I deeply inhale vital life energy from the EARTH, up to my CROWN CENTER, feeling the GOLDEN WHITE ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I inhale vital life energy from the EARTH, through my whole body, and into my spinal cord, connecting from my tailbone, into the base of my head, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness. I pause, relax, feel, and breathe smoothly, and regularly.

In my heart space is a chamber, and in its center, a travel portal, a ringed veil, of liquid fire fountains. On the back side of the chamber, is an alcove, and standing in it is my soul traveler, a hologram of me, that takes 'me' with it, as it facilitates our expansion, of awareness, into Oneness consciousness.

Set in a stand is a stout staff, with a large clear crystal embedded into the gnarled wood at its top, and nearby, is my animal ally.

I telepath my Animal Spirit friend, and we communicate our intention to travel up, through the dimensional planes, up through the CROWN, and into the cosmos of consciousness, the non-localized pre-existence of the One Being, the Void.

With the staff in hand, I walk with my ally, through the veil of Fire, into the center of the portal ring.

I visualize, with feeling, the Present Moment Sphere encompassing my human body. With intention, we breathe my Present Moment Sphere, into my heart space, surrounding my soul traveler, with a sphere of light, and on my out-breath, I tap my staff on the ground, and my holo-soul, in its travel sphere, floats up, out of my heart chamber, towards the THROAT energy wheel, of my human body.

We pass through the center of the Throat, and I deeply inhale vital life energy from the EARTH, pulling it up, and into my THROAT energy wheel, feeling the INDIGO ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I continue floating up, into the THIRD EYE REGION, the pineal gland, the Eye of Ra, of my human body.

I deeply inhale vital life energy from the EARTH, pulling it up, and into my THIRD EYE energy wheel, feeling the VIOLET ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I continue floating up, into the CROWN REGION, of my human body.

I deeply inhale vital life energy from the EARTH, pulling it up, and into my CROWN energy wheel, feeling the GOLDEN WHITE ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I continue floating up, above the CROWN, land on a solid surface beneath me, and stand in the center of the Crown portal ring. I pause, relax, and feel the presence of the VOID, Love for Love itself. It fills, my human body, surrounds me, and is everywhere. It is the structure and substance, of space. There is no place, that it is not, except in the limited awareness, of my human mind, and body. Now, I relax, and allow my awareness to expand. I prepare for my soul to lie down in the grass, where the world is too full to talk about.

I lower my staff, surrender myself, and address the Great Being. 'True Self, the I Am, of all that is, live through me, in my human body. Grant that I may feel You, sensing through my senses, acting through my actions, breathing through my breath, and emanating your presence, through me. With all my Being, so let it be.'

I pause, feel deep appreciation, and breathe smoothly, and regularly.

And then, I stand straight, tap my staff on the ground, and am transported, with my animal ally, in my travel sphere, floating up, and out of the CROWN REGION, transitioning slowly, into non-local consciousness, the VOID. In this realm, my soul traveler, animal ally, staff, and sphere, are no more. Here, there is One undefined Self, the I Am. The observer, of all that is. Here, there is no other. No borders. No boundaries. No words. No concepts. No ideas. No emotions. No time. No space. No death. No separation. Though inexpressible, it is a state of oneness. A state of pre-existence. The pure intelligence, and potentiality, of the Present Moment. The Is-ness, of Here and Now. The immensely powerful Presence, of a Great Being. The source, and origin, and identity, and home, of all that exists. The One Being, is the I Am, of me. I am Love, for Love itself. We are One Being.

The spirit stirs, within me. The staff in my hand, and my animal spirit friend by my side, take form. I feel my travel sphere. We transition, smoothly and slowly, from the expanded awareness, of the Void, to the focused attention, of the world. I set my intention to increasingly, embody oneness, in all of my thoughts, words, and actions, while in my human body. I return in my travel sphere, to the Crown energy wheel.

Standing in the center of the CROWN portal ring, I pause, relax, and feel the presence of the

VOID, Love for Love itself.

I inhale deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my energy column, then up, and into my CROWN energy wheel, feeling the GOLDEN WHITE ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I tap my staff on the ground, and float down, into the THIRD EYE region, in the center of my brain.

I inhale deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my THIRD EYE energy wheel, feeling the VIOLET ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I float down, into the throat of my human body, and into its energy center.

I inhale deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my THROAT energy wheel, feeling the INDIGO ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

I float down, towards the HEART region. I enter its chamber, in the heart space of my human body, and land in the center of its portal ring.

I inhale deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my HEART energy wheel, feeling the GREEN ray, and exhale, humming from within. I feel the vibration, radiating out, aligning and expanding, balancing and harmonizing, my energy center, according to the intelligent and creative design, of the cosmos of consciousness.

Here in my heart chamber, my soul traveler, and animal ally, walk towards my back, through the veil of fire, out of the portal ring, and into the alcove. They turn to face forward, we bow, and my soul traveler, and animal ally, return to their dimension.

Slowly, I move my body, open my eyes, and smile with appreciation. The True Self lives through me, sensing through my senses, acting through my actions, breathing through my breath, and emanating its presence, through me. We are, One Being.